

OTTAWA

metro®

NEWS
WORTH
SHARING.DUDE, WHERE'S
MY NANOBOT?ASHTON KUTCHER NOW A
'PRODUCT ENGINEER' FOR
COMPUTER-MAKER LENOVO

PAGE 12

Extra, extra!
Extraterrestrials
land in O-town!Hello, 1938: Theatre company does
redo of Welles' War of the Worlds PAGE 6Bring the noise to
Hip Hop KaraokeOff-key power ballads this is not:
Monthly night promises tight
performances and your own
Flavor Flav hype machine PAGE 14NO BOY
BANDSLIVE
88.5fm

Man runs over pedestrian after traffic dispute: Witness



Police and bystanders mill about a collision scene at Bank Street and Laurier Avenue West, where witnesses say a pedestrian was run over by the Mini at left. TREVOR GREENWAY/METRO

'Road rage.' Man, 24,
hospitalized in critical
condition after being
struck by vehicle
downtownTREVOR
GREENWAY
trevor.greenway@metronews.caA 24-year-old man is in serious
condition in hospital after
he was struck by a vehicle in
downtown Ottawa Wednesday.According to witness Terry
Scanlon, who runs a hot dog
stand on Bank Street, Stephane
Cousineau was walking across
Laurier Avenue around 11:15
a.m. when a white Mini started
honking at him. "Road rage"
then ensued, alleged Scanlon."(Cousineau) reacted by
smashing on the hood of (the
driver's) car, causing a lot of
dents. After that happened,
the driver drove over him. Just
drove over him," said Scanlon,
who said he serves Cousineau
hot dogs almost daily at the
intersection.He said the young man was
pinned under the car until the
driver backed up."When the driver backed
up after the road rage, you
could see the tire mark on
(Cousineau's) body."

Police said Wednesday

afternoon they had the driver
in custody and are still trying
to determine what happened.Lise Lahey, who manages
the Bank Street Kiddy Town
where Cousineau works part-
time, said her 24-year-old
worker left for lunch and
never returned.A customer then bolted
through the door and said he
had been hit. She ran down
the street and comforted
Cousineau as he lay on the
ground before paramedics
arrived. Lahey said he was co-
herent, but was, "white like a
sheet.""He said, 'The guy didn't
stop; I banged on his car and
he still ran over me,'" said a
rattled Lahey.She said Cousineau is a
good worker who loves his job
so much that he felt bad for
missing the rest of his after-
noon shift.He told her he wanted to
return to work, as he lay in-
jured on the ground."Poor guy. He said, 'I don't
want to miss work.' I said,
'give me a break,'" Lahey re-
counted.Cousineau was rushed to
hospital with serious chest
and abdominal injuries, para-
medics said.For what people down-
town think of Ottawa's dan-
gerous streets, see page 3.

— WITH FILES FROM JOE LOFARO/METRO

You should be able to choose your
bank as well as your travel destinations.

Apply now for the Scotiabank® Gold American Express® Card.

scotiabank.com/travelfreedom

You're richer
than you think.™

* Registered trademarks of The Bank of Nova Scotia. * American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express.



THE
Upper Room
— home furnishings —

up to **70% OFF** Regular Retail
CLEARANCE SALE

HOME FURNITURE FOR EVERY SPACE | STYLE | BUDGET



3PC Queen Bedroom
Bed/Chest/Nightstand
Ret. \$6590

\$1999



All Leather Sofa
Top Grain
Ret. \$1749

\$1169



7PC Dining Set
Table and 6 Chairs
Ret. \$5450

\$1999

**FINANCE THE FURNITURE
YOU WANT, TODAY!**
12 Months, equal payments
No interest (OAC)



IKEA
Highway 417



Queensview Dr.

Pinecrest Rd.

2670 QUEENSVIEW DRIVE | UpperRoomHome.ca

Sharing the road

Selfishness at the root of Ottawa's traffic problems

An Ottawa cyclist who says he was struck by a car hours before a pedestrian was sent to hospital with serious injuries from a car, says Laurier Avenue — a street with a designated bike lane — is a dangerous roadway for both cyclists and pedestrians.

John Clearwater, who commutes through downtown every day, said he wasn't surprised to learn that a pedestrian had been run over while crossing from Bank Street Wednesday morning. He said drivers — like that of the window-cleaning truck that he said clipped the front of his bike while making an illegal turn Wednesday — don't give bikers or pedestrians space on the road.

"You get a lot of drivers who act like you're not even there," said Clearwater. "You don't have a lane."

Lara Wong, who lives downtown and walks along the busy urban streets every day, says drivers, pedestrians and cyclists don't share the road with each other.

"In Ottawa, there just seems to be an overriding sense of everyone's entitled to the road and that nobody is willing to make room for others," she said, adding that she often sees drivers texting while driving.

"Whether it's for cyclists not making room for pedestrians or for cars, cars not making room for pedestrians and cyclists. Everybody seems to be unto themselves and it seems like to be a very dangerous place to navigate."

TREVOR GREENWAY/METRO



As sister Paulette Fudge looks on, Derek Fudge talks with the media about his murdered son Brian outside the Elgin Street courthouse after the verdict in Ottawa on Feb. 29, 2012. JESSICA SMITH/METRO

Father feels 'tortured' by the justice system

Out on bail. Family of victim Brian Fudge 'devastated' by release of convicted killer

TREVOR GREENWAY
trevor.greenway@metronews.ca

The father of a man who died after a 2005 New Year's Eve beating says his family is "devastated" to learn his son's convicted killer is walking the streets again.

Derek Fudge was shocked to discover Charlie Manasseri, an Ottawa man convicted of

second-degree murder in the beating death of his son Brian Fudge, was released on bail pending an appeal Tuesday. He said something is "monumentally wrong" with the Canadian justice system.

"A convicted murderer of my son is walking around Ottawa while the justice system is torturing my family," an emotional Derek Fudge told Metro News Wednesday.

"They convicted this man of murder and now new evidence has come to light and some judge lets him out of jail?"

The altercation began at Le Skratz Bar when a scuffle broke out between Brian Fudge and Manasseri, who, according

to witnesses at the trial, were arguing over who should get served drinks first.

The court heard Manasseri repeatedly smashed Fudge's head into a bar top before bouncers escorted Fudge outside.

That's when another man, George Kenny, punched Fudge in the head, rendering him unconscious. Fudge died the next day from massive brain swelling.

Derek Fudge said his family has gone through eight years of agony, but when Manasseri and Kenny were convicted in early 2012, they thought they could start moving on.

"I stayed home from work today," added Fudge. "I can't

face people. I can't bear to talk about this anymore. We celebrated in February 2012 that justice finally came to my son. Now, 20 months later, it's gone again."

Manasseri's appeal is based on new evidence that suggests the fatal blow may have come from Kenny — a punch to the head that, according to a new report by neuropathologist Dr. David Ramsay, "triggered a cardiorespiratory arrest that led to fatal brain swelling."

Manasseri's lawyer Philip Campbell said the fresh evidence is a "major development that will have to be considered" by the province's Court of Appeal.

1 NEWS

Are you considering using Marijuana as a safe, legal treatment for:

**Chronic Pain • Anxiety • Cancer • MS
Sleep Disturbance • Arthritis • PTSD**

Please call for your confidential and professional evaluation of your health history to see if you are eligible.

613-915-7700

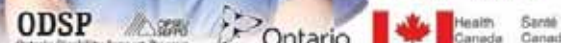


Facebook.com/MedicalMServices • MedicalMarijuanaServices.ca



MMS
Medical Marijuana Services

PARTNERED WITH
SINCE 2010
Holistic HEALTH



OC Transpo union fights for stricter penalties against bus-driver assaults

Protecting workers.

Each year there are 50 to 60 physical assaults against drivers: Union



JOE LOFARO

joe.lofaro@metronews.ca

The head of OC Transpo's union wants changes to the Criminal Code to have assaults against bus drivers considered an aggravating factor in sentencing of those convicted of the crime.

Craig Watson, president of the ATU Local 279, told Metro Wednesday he was "shocked" and "devastated" when a superior court judge handed a suspended sentence to an Ottawa man last Friday who admitted to beating OC Transpo driver John Karagiannis on April 22.

Paul Ness, 38, pleaded



A bus moves west from the Mackenzie King Bridge to Albert Street. The OC Transpo union wants to see stricter penalties for assaults on drivers. SEAN MCKIBBON/METRO

guilty to assault and was given a suspended sentence and one year of probation. The plea deal made between the Crown and defence means

he will not serve time behind bars.

"We have to stop this," said Watson. "There has to be some direct orders to the

Crown that this is the minimum sentence that can be given in these cases, to clearly send a message to people that this is unacceptable in today's

society."

Karagiannis suffered a broken nose and broken ribs after a passenger dragged him off the bus and beat him up

on Bank Street near Billings Bridge, Watson said. The driver was so upset Friday, Watson gave him the day off of work.

The OC Transpo union is supporting the Canadian Urban Transit Association's efforts to lobby for Bill C-533, a private member's bill introduced by Liberal MP Ralph Goodale to protect public transportation workers. It specifically asks that judges consider assault on an on-duty public transportation employee an aggravating circumstance during sentencing.

"You can have all the cameras in the world, everything else you want in the world and it's great to catch the guy, but if the Crown prosecutor is going to turn around and say a slap on the wrist and go home, what's the point?" said Watson.

Karagiannis has yet to return to work on a full-time basis and is continuing physiotherapy.

Student facing murder charges should continue schooling online

A Carleton University student suspended from his studies after being charged with murder is now being offered the chance to continue his business degree online, according to his lawyer.

Defence lawyer Giuseppe Cipriano said he received the Carleton offer in a recent letter, but he hasn't made a decision on how to proceed with his client, Sam Tsega.

"I'm not pleased, but at least it keeps him in school, somewhat," wrote Cipriano in an email to Metro Wednesday.

Tsega, 22, is one of four men to be charged in the Feb. 22, 2010 killing of Michael Swan. Two of those men — Kristopher McLellan, 24, and 23-year-old Kyle Mullen — were found guilty by a jury last Friday of murdering Swan.

In that trial it was alleged that Tsega led McLellan, Mullen and co-accused Dylon Barnett, 22, to Swan's home to steal the 19-year-old's marijuana and money. Tsega was not alleged to have been in the home at the time of the killing.

Tsega had been allowed

to continue his studies while facing a second-degree murder charge, but that changed on Sept. 13 when it was upgraded to first-degree murder and Carleton banned him from campus and the school's lacrosse team. At the time, Cipriano said the charge was upgraded because the Crown changed its theory and not because of new evidence.

He also called the move prejudicial since Tsega had been allowed to study while out on bail before his charge was upgraded. **JOE LOFARO/METRO**

Designed by nature.
Proven by science.

For cold and flu
insist on
Echinaforce®

Hot off the press!

Echinaforce is the only product approved by Health Canada for **prevention and treatment** of colds and flu. The largest study ever conducted on echinacea showed that Echinaforce:

- Can be taken safely for up to 4 months even by children and elderly people and that it offers effective protection against infections
- Supports the immune system, especially in times of stress, lack of sleep and for smokers
- Relieves symptoms and shortens the duration of infection

Echinaforce is made from fresh, organic, GMO-free echinacea which is anti-inflammatory, anti-bacterial and has wide-spectrum antiviral properties.

All natural products are not the same. Insist on Echinaforce.

A.Vogel
Pioneer in Natural Health since 1922

www.avogel.ca

Ottawa RIO

LRT project office lays off 3 workers

Three people have been laid off from the City of Ottawa's rail implementation office. City spokesman Michael Fitzpatrick said the staffing change related to the RIO moving from a "procurement" role to a "build" phase. He said one person's contract had not been renewed and two other staffers had been "impacted" by restructuring. **METRO**

Serious condition

17-year-old struck by van in Kanata

A 17-year-old girl was rushed to hospital in serious condition Tuesday evening after she was struck by a minivan in Kanata.

Paramedics responded to the intersection of Eagleson Road and Abbeyhill Drive just before 7 p.m. The teen suffered head, facial and lower-body injuries after being struck, paramedics said. **JOE LOFARO/METRO**

University of Ottawa

Community tired of school housing

Community-Action Sandy Hill wants student housing to stay on campus and has created a petition calling for the U of O to follow suit. The community association is concerned about a planned 165-bed student residence slated for a lot on Henderson Avenue, as well as a proposed roughly 750-bed residence within a 10 minute walk of the campus. **METROLAND NEWS SERVICE**

TOMMY & LEFEBVRE

CAN'T WAIT FOR WINTER
SKI AND SNOWBOARD EVENT
CONTINUES...



Free Edelweiss Valley
night season pass, with
purchase of any adult
2013-14 ski or board
package.*

*See in-store for details.

SAVE ON SKIS & SNOWBOARDS

Spend \$599.99 on any ski or
snowboard and binding, and get a

\$75.00
PROMO GIFT CARD*

Spend \$899.99 on any ski or
snowboard and binding, and get a

\$125.00
PROMO GIFT CARD*

*Cannot be combined with any other offer. Offer valid on 2014 adult models only. Excludes competition race equipment. Promo card in form of receipt. Gift receipts expire on December 8, 2013. Promo code will be provided with online purchase.

SKI, SNOWBOARD & OUTERWEAR JACKETS

By Descente, Burton, Salomon, Helly Hansen,
Roxy, Nikita, Fusalp, Armada, Rossignol,
The North Face & Arc'teryx.

**PURCHASE ANY 2014 MEN'S OR WOMEN'S SKI,
SNOWBOARD OR OUTERWEAR JACKET FROM THE
BRANDS LISTED ABOVE AND GET THE PANT FOR**

20% OFF*

*Excludes Canada Goose. Promotion valid on new arrivals only. Pant must be of equal or lesser value than the jacket.

HELMETS & GOGGLES

**Buy One, Get One
50% OFF****

Purchase any ski pole, helmet, or
goggle and receive a 2nd item
at half price!

TUNE UPS

**Buy One, Get One
50% OFF***

Purchase a CG5 or SB5 Ski or Snowboard tune
up and receive the second at
half price!

BASELAYERS

**Buy One, Get One
25% OFF***

Save on baselayer tops and bottoms by
Patagonia, Hot Chilly's and Burton.

SOFT SHELL COATS

**by Löle and
Woolrich**

**Women's
\$149.99-\$229.99**
Regular \$195-\$260

GLOVES & MITTS

**Buy One, Get One
50% OFF***
Purchase any adult glove or mitt,
get the second pair at
half price!

Brands like Burton, Swany, and
The North Face.

DOWN COATS & JACKETS

T&L EXCLUSIVE UPDOWN COATS
Choose from a great selection
of down filled blazers, car coats,
and luxurious full length coats

**Men's & Women's
\$199.99-\$349.99**

Regular \$299-\$459

FOOT BEDS

30% OFF*
With the purchase of any
2014 adult ski boot

Brands like Salomon, Atomic,
Rossignol, Lange, and Dalbello.

*Exclusions on BOGO promotions: Second item must be of equal or lesser value than the first. Promotion valid on 2014 adult products only. Discount taken off current selling price. Selected styles. While quantities last.

**POC can be the first item, but not the second. Second item must be of equal or lesser value than the first. Promotion valid on 2014 adult products only. Discount taken off current selling price. While quantities last.



464 BANK STREET STORE
Phone: (613) 236-9731 | Toll Free: 1 (888) 888-7547
Hours: Mon - Wed 9-7, Thu + Fri 9-9, Sat 9-6, Sun 11-5

Shop
TANDL.COM

From the Red Planet to the nation's capital — the Martians are coming!



Laurence Wall and Zach Council rehearse *The War of the Worlds*. P. JOHANSEN/CONTRIBUTED

The War of the Worlds. Gladstone Theatre marks 75th anniversary of Orson Welles' infamous broadcast with live staging of radio play

DENIS
ARMSTRONG
ottawa@metronews.ca

More people know the urban myth surrounding Orson Welles' *War of the Worlds* radio broadcast than have actually heard it, or even read H.G. Wells' original novel.

It's Halloween 1938, and Welles' Mercury Players are presenting the *War of the Worlds* as a series of hysterical live radio news bulletins about Martians invading Earth. Legend has it the broadcast sounded so authentic that many listeners actually thought Earth was under Martian attack and took

to the streets in terror. Tiny ratings for the show tell a far different story, according to a recent *Slate* magazine article.

Nevertheless, the mass-hysteria story of Welles' broadcast may well be better known than Wells' 1898 tale.

Seventy-five years later to the day, Teri Loretto-Valentik and her Plosive theatre company hope to make lightning strike twice with their staged live radio play of the *War of the Worlds*, at the Gladstone Theatre until Saturday.

Faithfully reconstructed as a live radio-drama broadcast in the late-1930s, with live sound effects and female singers, the show conjures the same emotion that Welles plucked with his original broadcast.

"We're encouraging audiences to close their eyes and pretend they're listening to the radio," says Loretto-Valentik, the show's director. "It really hit a nerve with the public because Welles was clever enough

Little green details

The Gladstone Radio Show *War of the Worlds* plays until Saturday at 7:30 p.m., with a 2:30 p.m. matinee on Saturday and a special late-night performance on Halloween at 10 p.m. Wear a costume to the show and you might win a prize. Call 613-233-4523 for tickets.

to manipulate the story into something Americans could believe. In 1938, there was lots of talk about war and invasions. Welles' radio show tapped into that fear."

Playing production radio actors are CBC's Laurence Wall and David Gerow, with Gladstone Radio Show regulars Michelle Leblanc, David Holton and Zack Council as Orson Welles, with live music by the Gladstone Sisters.

FRENCH, ENGLISH as a SECOND LANGUAGE



PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (10 LEVELS)

January 14 to April 12, 2014

Evenings: 6 pm to 9 pm (10 Levels)

Saturdays: 9am to noon (7 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

January 14 to April 12, 2014

Evenings: 6 pm to 9 pm (6 Levels)

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

November 18 to December 13, 2013

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 13:30 to 3:30pm

January 13 to February 7, 2014

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 13:30 to 3:30pm

FEES: \$35.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner
www.educationpermanente.ca



ZOMBIE INVASION

WELLINGTON TO
GLADSTONE

HALLOWEEN DAY
11AM-3PM



SCAN To WIN one of three shopping sprees
\$500 \$1000 and \$1500
VISIT bankstreet.ca for contest details

Zombies will be crawling along Bank Street spreading the virus by giving each victim a barcode tag. Scan this bar code tag at the corner of Bank and Cooper for a chance to win one of three Bank Street shopping sprees.

BankStreetBIA @Downtownbank

BANKSTREET.CA

Downtown. At the intersection of everything.

FREE PARKING ON WEEKENDS.

At city lots and on street spaces. Starts at 5:30 pm on Friday.

GET THE MOST OUT OF YOUR **iPhone 5s** WITH ROGERS



Apple iPhone 5 **[S]**

ONLY ROGERS CUSTOMERS GET:

- Share Everything: Share your data with up to 10 devices with the *Share Everything™* Plan¹
- Price Match: Rogers will match any nationally advertised price
- Canada's Fastest Wireless Internet – Rogers LTE*

GOT YOUR HEART SET ON GOLD? VISIT ROGERS.COM/RESERVE TODAY.

LIVE LIKE NEVER BEFORE™



The Rogers Device Reservation Service enables you to reserve certain devices, as determined by Rogers in its sole discretion. A \$40 refundable reservation fee (plus applicable taxes) applies. Rogers does not guarantee that you will receive the device you have reserved before other customers. See rogers.com/reserve for details on the Rogers Device Reservation Service. ¹ Visit rogers.com/shareeverything for details. *Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage details. ©2013 Rogers Communications.

Have a happy — and safe — Halloween



It's spooky out there. While this house on Haig Drive represents the fun side of Halloween, police and city officials are warning the public to stay safe when the kids are out trick-or-treating. DENIS ARMSTRONG/FOR METRO

Tips to keep in mind.

Visible costumes, flashlights and adult supervision are key for trick-or-treaters: Officials

With hundreds of tiny trick-or-treaters out on the streets tonight, the City of Ottawa

and Ottawa police have a few tips for staying safe:

— Make sure your children can be seen. The best costumes are light-coloured or bright and reflective. Flashlights with fresh batteries, glow sticks and reflective tape are must-haves.

— Ensure costumes fit well and are made of flame-resistant materials. Costumes that drag on the ground can

become a tripping hazard while crossing the street. Masks, hats and other accessories should fit your child properly without inhibiting their vision. Halloween makeup is a safer option.

— Don't let children trick-or-treat alone. Have adult supervision at all times.

— Leave sharp carving tools for adults and get kids to decorate their pumpkins with paint. Small, battery-powered lights are the safest for use in jack-o'-lanterns.

— Above all, drivers must be cautious and drive slowly on residential streets.

— Treat your kids to a Halloween snack before they head out so they are less likely to eat the candy they gather before you have a chance to inspect their loot bags. Teach your children never to eat treats that are in packages that have been opened, have pinholes or have other signs of damage. And remember, avoid homemade treats or fruit unless they are from a family member or close friend.

— Above all, drivers must be cautious and drive slowly on residential streets.

DENIS ARMSTRONG/FOR METRO

Castlethorpe Crescent. Vehicle plows through fence and into home

Homeowners on Castlethorpe Crescent near Centrepoin Drive were given a nasty wake-up Wednesday morning when a car driven by a young man barrelled through their cement fence and smashed into their house.

No one was hurt in the incident, but the home showed clear damage, not only from the impact of the car but from stones and bricks that were flung into the home, smashing windows.

Philip Assad said his parents were still asleep and he was taking out the garbage when he heard a crashing noise and he looked out the window to see a red Pontiac sitting on the back deck of his house.

"My father is normally up at that hour in the kitchen in the morning. For whatever reason he slept in this morning. Thank God for that," Assad said.

The family's living room and kitchen are at the back

of the house, he added.

He said the driver appeared to be a 16- or 17-year-old boy. While the teen was shaken by the crash, he didn't appear injured and seemed to be sober, Assad said.

He said he didn't see the crash itself, but he imagines "there must have been some speed involved" given the car plowed through a cement fence and threw large chunks of brick and even an ornamental boulder metres from their original positions.

Police said no charges would be laid since weather played a role in the crash, as did an animal that the driver was trying to avoid.

Assad said he'd lived in the home for 22 years and nothing of this sort had ever happened to his family before, but his neighbours at 13 Castlethorpe Cr. were also victims of a similar car crash two or three months ago.

SEAN MCKIBBON/METRO



Philip Assad, left, looks over the damage to the backyard of his family's home, while a worker with an insurance company helps clean up, after a car crashed through a cement fence. SEAN MCKIBBON/METRO

"What are the economic benefits?"

According to an independent study by Deloitte & Touche, the Energy East Pipeline project will create an estimated 2,200 direct full-time jobs in Ontario in the first six years alone. Fully funded by TransCanada, the project will also generate an estimated \$13 billion for Ontario's economy, \$3.5 billion in provincial government tax revenues and countless other business opportunities. Do you have questions about the economic benefits of Energy East? We have your answers at

EnergyEastPipeline.com

TransCanada is a Canadian company with over 60 years of experience building pipelines and power infrastructure safely and reliably.



Province to issue 'green bonds' to fund transit

Public transportation. It's the first measure the premier has promised to help generate the billions needed

Ontario will be the first in Canada to issue so-called green bonds next year to generate the billions of dollars that's needed to expand public transit, Premier Kathleen Wynne said Wednesday.

The program, an innovative tool to raise money to build infrastructure across the province, will be unveiled in next week's fall economic update, she said.

"The worldwide market for green bonds in the last year has doubled, and it's now estimated to be more than \$346 billion — those are U.S. dollars," she said.

It's the first measure Wynne has promised to help generate the billions of dollars needed to expand public transit in the heavily congested Toronto and Hamilton area.

It will require legislation and certification, but it won't be a confidence vote that could topple the minority Liberal government and

Metrolinx

Green bonds were not among the levies recommended by the provincial transit agency Metrolinx to raise the estimated \$2 billion a year that's needed to improve transit in the Toronto-Hamilton area.

trigger an election, Wynne said.

The new bonds would capitalize on the province's ability to raise funds at low interest rates, said Finance Minister Charles Sousa.

It will actually save the province money over the long term because there are many investors who are prepared to pay to invest in specific green initiatives, he said.

Finance officials say the green bonds would be a part of the province's regular borrowing program, but that portion will be dedicated to environmentally friendly transit projects.

They'll be targeted at larger institutional investors like pension plans, but the government will look at ways to accommodate interest from retail investors, Sousa said.

THE CANADIAN PRESS

Top of the list

BlackBerrys, weapons, cash missing in annual federal inventory

Hundreds of weapons, BlackBerrys, laptops and iPads have gone missing or been stolen or destroyed, according to the federal government's annual accounting of its property.

And the Senate expense scandal is recorded in another

obscure line item that cites a \$315,000 loss involving four unidentified cases "due to claims for living allowance in the National Capital Region and/or travel expenses."

The biggest reported losses are related to tax and employment-insurance frauds, amounting to millions of dollars.

The missing money and absent items are outlined in an annual report to Parliament, tabled late Wednesday.

THE CANADIAN PRESS

Strategic review

Wi-LAN exploring new business model

Wi-LAN Inc. says it's exploring a broad range of strategic alternatives in light of its current low share price, including a possible sale of the company, a new dividend policy or other business models.

The Ottawa-based company, which generates revenue by licensing technology

patents, says it doesn't believe current market prices reflect the true value of Wi-LAN's stock. Wi-LAN's announcement comes less than a week after its shares plunged nearly 23 per cent in a day following an unfavourable jury decision in a legal battle with Apple Inc.

The company said it affected only one patent that expires within months and wouldn't have a bearing on other licensing agreements.

THE CANADIAN PRESS

PALACE FURNITURE GALLERY

A TOUCH OF ELEGANCE

FALL SAVINGS



NEVIS TWIN PLATFORM BED

\$499 + HST

REQUIRES NO BOXSPRING OR FRAME
ALSO AVAILABLE DOUBLE OR QUEEN SIZE



3 PIECE KLIK-KLAK SOFABED SECTIONAL

\$1298 + HST

WITH STORAGE



5 PIECE DINETTE SET

\$498 + HST



LUCY KLIK-KLAK SOFABED

\$498 + HST



CANDY KLIK-KLAK SOFABED

\$698 + HST

WITH BOTTOM AND IN-ARM STORAGE
PLUS FOLD-DOWN TRAY



WILLIAMS SOFA AND LOVESEAT

\$898 + HST

PRODUCTS MAY VARY FROM PICTURES AS SHOWN, VISIT SHOWROOM TO VIEW THESE ITEMS.

Visit our expanded 55,000 sq. ft. showroom for huge selection of quality living, dining and bedroom furniture.

401 Coventry Road at Belfast
613.746.9900

We have something to suit every taste and budget. We also do made-to-order upholstery.

Monday-Friday: 11am - 8pm;
Saturday: 10am - 6pm; Sunday: noon - 4pm



Ontario Premier Kathleen Wynne rides the 11:13 a.m. westbound GO train to a meeting in Burlington, Ont., Sept. 20. Wynne's government announced the province will issue "green bonds" to pay for public-transit projects.

TORSTAR NEWS SERVICE

Christmas Comes Early

Make your list & check it twice.

Shop

November 2-3, 2013

and receive a promotional gift card* valued at

25%

of your select apparel
and accessories purchases†

15%

of your cosmetics and
fragrance purchases†

*Your Christmas Comes Early promotional gift cards are valid November 4 - 30, 2013.

†Qualifying purchases are before taxes and some exclusions apply. Visit us in-store or at holtrenfrew.com for complete details. Use of promotional gift card is subject to certain restrictions and has no cash value. Promotion not available at hr2.

HOLT RENFREW

240 SPARKS STREET 613.238.2200 HOLTRENFREW.COM





Former News International chief executive Rebekah Brooks arrives at the Old Bailey court for the phone-hacking conspiracy trial Wednesday in London, England. DAN KITWOOD/GETTY IMAGES

Phone-hacking a 'conspiracy'

News of the World.

Prosecutor opens the long-awaited trial by saying it's inconceivable top execs didn't know about eavesdropping

A prosecutor said Wednesday that there was "a conspiracy which involved a significant number of people" to hack phones at the Rupert Murdoch-owned News of the World, revealing that three senior journalists at the now-defunct newspaper have pleaded guilty

to illegally eavesdropping on voicemails.

Opening the long-awaited hacking trial of former News of the World editors Rebekah Brooks, Andy Coulson and others, prosecution lawyer Andrew Edis said hacking and other illegal activity at the paper and its sister tabloid, The Sun, went on for a decade. He said it was inconceivable that the top executives didn't know about it.

"They were in charge of the purse strings," Edis said, adding that they signed off on illicit payments.

"Mrs. Brooks personally approved nearly 40,000 pounds

Background

The trial stems from the revelation in 2011 that News of the World employees eavesdropped on the voicemails of celebrities, politicians, crime victims and others.

- The scandal led Murdoch to shut the 168-year-old newspaper and spurred wide-ranging criminal investigations.

for stories" to a senior defence official, Edis said.

THE ASSOCIATED PRESS

UN report

'Childhood must never be derailed by motherhood'

Teen pregnancies in the developing world are declining, but more than 7 million girls under 18 still give birth each year and suffer drastic consequences, a UN report said Wednesday.

"Childhood must never be derailed by motherhood," the report said, calling for greater efforts to end child marriage and more action on gender equality.

THE ASSOCIATED PRESS

Do your work, don't twerk. Dance shakes its butt onto school's forbidden list

One Southern California high school has added twerking to its list of dances that are banned for students.

The Orange County Register reports Tuesday that administrators at Aliso Niguel High School decided the rump-busting dance is sexually suggestive and should no longer be allowed on cam-

pus or at dances.

Twerking now joins "freaking" and "grinding" as prohibited dances at the Orange County school. Those who break the rules could be ineligible for future dances for the remainder of the school year. Parents also will be notified.

THE ASSOCIATED PRESS



► Deposit a cheque with your smartphone? Cheque-In™. Believe it.

Get a \$100* Bonus when you open a THRIVE Chequing® Account by December 31 and switch your payroll.

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ® THRIVE Chequing is a registered trademark of ING Bank of Canada. ™ Cheque-In and forward banking are trademarks of ING Bank of Canada. * THRIVE Chequing Account must be opened between August 26, 2013 and December 31, 2013. Payroll must be deposited by January 31, 2014. Limit of one (1) \$100 Bonus per Client/Account. Chequing Account rates are annualized, are current as of today's date and are subject to change without notice. Interest is calculated daily and paid monthly.

Cellphone bill shock. New wireless contract rules aim to protect consumers

Ontario will soon join three other provinces with new rules for wireless contracts that the governing Liberals say will end the "horror stories" consumers report after opening their cellphone bills.

Government legislation aimed at addressing those complaints passed unanimously in the provincial legislature Wednesday and is expected to take effect in the spring.

Ontario's draft rules would complement a national code by Canada's telecommunications regulator. They contain almost identical provisions.

THE CANADIAN PRESS

Power to the people

Some legislation highlights:

- Consumers can walk away from fixed-term contracts after two years.
- Cancellation fees are capped at \$50.
- Telecom companies must provide all-inclusive pricing, including the total cost payable by the consumer over the term of a fixed-term contract.

Market Minute



DOLLAR
95.38¢
(-0.13¢)

Natural gas: \$3.64 US (no change)
Dow Jones: 15,618.76 (-61.59)



TSX
13,455.33 (+14.72)



OIL
\$96.77 US (-\$1.43)



GOLD
\$1,349.30 US (+\$3.80)

Takes effect Friday

Boss a bully? New legislation protects workers in B.C.

The agency dedicated to protecting the safety of about 2.2 million workers in British Columbia is not going to bully the province's employ-

ers into implementing new rules that deal with workplace harassment, says a senior executive.

Instead of taking a "heavy-handed approach" to enforcement, WorkSafeBC will consult with employers to ensure they follow changes to the Workers Compensation Act that take effect Friday.

THE CANADIAN PRESS

Lenovo's new pretty pitchman and, um, 'product engineer'



Actor Ashton Kutcher, who has made a career playing male bimbos, is now a "product engineer" at Lenovo. MICHAEL KOVAC/GETTY IMAGES FOR LENOVO

Ashton Kutcher. The model turned actor, best known for playing a dim hunk on *That '70s Show*, is now an 'engineer' for a computer company

Computer-maker Lenovo has hired tech-savvy actor Ashton Kutcher to help design and pitch its latest line of tablets, dubbing the Hollywood star a "product

He'll be at a cubicle 9-5 then?

"This partnership goes beyond traditional bounds by deeply integrating him into our organization as a product engineer as we look at developing the next wave of products."

Lenovo spokesman David Roman

engineer" who can bring his ideas along with his image.

It's the latest tech foray for the *Two and a Half Men* performer who recently starred in a biopic about innovative giant Steve Jobs and has invested venture capital in more than a dozen Silicon Valley startups.

The deal was announced Tuesday at a Lenovo live-streamed event in Los Angeles. Lenovo's first video advertisements for the new Yoga Tablet feature Kutcher acting as a product tester in his boxers, a spacesuit and aboard an airplane.

The company said Kutcher will do more than just advertise.

Kutcher — who in recent years has appeared in ads for snack chips and cameras — said of Lenovo, "Entrepreneurship is part of their DNA, and I couldn't ask for a better fit."

THE ASSOCIATED PRESS

Damaging the planet

Our throw-away culture leading to 'peak trash': Journal

Forget about peak oil. An Ontario researcher says the real concern facing the planet should be peak trash.

"Solid waste is an incred-

ibly useful proxy for total global impact," said Daniel Hoornweg of the University of Ontario Institute of Technology, who published a commentary on the issue in Wednesday's edition of the science journal *Nature*.

"We're on track to triple the impact — the global damage — to the planet."

THE CANADIAN PRESS

From Kmart to yoga wear

Lulu names new product boss after sheer-pant debacle

Lululemon Athletica Inc. has named former Kmart Apparel president Tara Poseley as its new chief product officer, a key position for

the Vancouver-based fashion retailer.

Poseley will oversee global merchandising and design strategy for Lululemon, which is working to overcome a rare misstep related to quality problems with its black Luon yoga pants.

She has also worked at Bebe Stores Inc. and Gap Inc.

THE CANADIAN PRESS

How much
is peace of
mind worth?



Best Doctors®



Best Doctors has the answer.

Do you have a medical condition and wish you could talk to a professional for more than 10 minutes? Have you ever wanted a second opinion on a diagnosis or treatment plan but weren't sure where to turn?

If you're a member of Best Doctors, we can help you:

- Find an expert medical specialist
- Review your medical records
- Get an expert second opinion you can share with your doctor
- Navigate the Canadian healthcare system

Best Doctors is included with many employee benefit plans. Check your benefits booklet or ask your HR department if you have Best Doctors.

Find out at **BestDoctorsCanada.com**

Call 1-855-515-4446 or email **ottawa@bestdoctors.com**

WHAT'S NOT TO LOVE ABOUT THE SEAT?

I've bought new furniture all by myself for the first time, and I think it's safe to say after years as a stereotypical bachelor, I'm all grown up now. And not just a grown-up — a family man. I'll explain.

All my previous big-ticket purchases have been nothing but big tickets (plane trips, concerts, hockey games), so I was a little intimidated when I started reading online advice about buying furniture. The tips said this was a Big Life Decision; it was all about strength and style and "what's most important is what's on the inside."

They made it sound like I was buying people — a brand-new family. This was disconcerting. If it was true, then my existing furniture had been a ragtag group of has-beens and ne'er-do-wells.



HE SAYS
John Mazerolle
metronews.ca

There was the sad little orphan coffee table, left over from my failed marriage. You could almost hear it coughing from the dust.

There were two yellow-green chairs that were still living in the past.

There was my \$299 mattress, which had done its duty for a decade but had passed on some time ago. It received a martyr's funeral, carried out of the apartment on my shoulders while I sang its praises. I fired no weapons though, because the landlord doesn't like holes in the wall.

Most prominently, there was my love seat. You know those celebrities like Clint Eastwood and Dave Hodge where you think, "Geez, they were old when I was a kid." That was the love seat, which was dug out of my dad's baby barn after spending a

lifetime in my grandmother's house. It was already dead, really, but we Febrezed it back to life (defebrezulated?) and its elderly frame hunkers in my apartment still.

It's not a stately old maid either. It's more like the type of senior who tells you about that time she slept with Leonard Cohen, then coughs into a tissue and sticks it into her bra. The upper left corner is tearing. I guess that's bursitis.

Faced with this lot, I decided I would live the dream of so many and replace my family. I started with a new bookcase and a new bed, grabbing both from an adoption agency called Ikea.

The family looks really good, I think, and fits well into my life — partially because of my keen eye for this sort of thing, partially because I haven't taken them out of their boxes yet.

I've heard a lot of horror stories about rushing into family life, so I thought I'd build myself up to it. It's natural. The new bed should be created in nine months or so. You'll know when it happens. Expect lots of profile pics on Facebook.

ZOOM

More smiles than spooks



MATT KIELTYKA/METRO IN VANCOUVER

B.C. resident shows off big pumpkin

Vancouver resident Chuck Kokol has a pumpkin display every Halloween outside his heritage home. Neighbours say he's outdone himself this year with this mammoth, which weighs more than 700 pounds and took a carver six hours to create.

MATT KIELTYKA/METRO

Picture perfect

"I wanted a children-friendly face, a happy Halloween. I see Halloween is going to the extreme in the other way, but I do our show with just pumpkins. I believe it's a beautiful effect." Chuck Kokol

'It looks like a UFO landed'

Sporting a mile-wide smile (actually more like four feet) and standing up to shoulder-height on most people, Kokol's cheery jack-o'-lantern comes in as one of British Columbia's biggest pumpkins.

Seven hundred watts of lighting have been installed and Kokol is ready for the big day.

"At nighttime, it's just an amazing glow. It looks like a UFO landed and it can be seen from up the block," he said.

Kokol got the gargantuan pumpkin from a grower in Langley, B.C. after it completed its career on the contest circuit, featuring in shows in Portland, Ore., and Cloverdale, B.C.

MATT KIELTYKA/METRO

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

If only you could figure out what to buy the person who has everything. And if only you could do a good deed while you're at it. Introducing (you guessed it), IfOnly.com. The site connects sports, music, film and lifestyle "luminaries" with every day folk — well, everyday folk who have fancy gold cards. Celebrities are putting on offer their time in exchange for a cash money donation to a charity of their choice. Experiences and items range from \$35 to more than \$100,000. Here's a sample of what's on offer:

\$35:

The least expensive item on If Only includes a guitar pick signed by Soundgarden's Chris Cornell. Maybe not the most exciting option (unless you know a die-hard Soundgarden fan) but the money is for a good cause: The kids.

\$2,000:

Not only do you get red-carpet passes to Joseph Gordon-Levitt's directorial debut *Don Jon*, in the U.K., you also get to walk the red carpet with him and co-star Scarlett Johansson.

\$78,600:

Watch a boxing match with a boxing legend. Begin the day eating lunch with Mike Tyson and follow it up with a 'big-time' boxing match sitting ringside with the boxing great (background check required).



GETTY IMAGES

Twitter

@metropicks asked: Almost half of B.C. believes in ghosts — and Metro's Paul Sullivan isn't impressed. Do you believe in #ghosts?

@igor_mariano: I don't believe in them, ghosts are usually big liars

@Canucklehead_ca: I don't even believe that 'ghost peppers' are a real

thing. What's next, ghost towns?!!!

@singh_amna: of course!!

@TimothyPRylett: Yes Ghost towns Do Exist, Have you been to Detroit? LOL

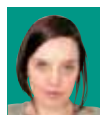
Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

SCENE 2

This Karaoke jam is dedicated to all the teachers that told me I'd never amount to nothing

This is for real. Hip Hop Karaoke not your average night out in Koreatown



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

If you've ever wanted to recite your favourite hip hop song word for word in front of an adoring crowd, Hip Hop Karaoke is for you.

Launched by Devin Atherton and DJ So Nice last summer, Hip Hop Karaoke isn't your typical night out at the karaoke bar. There's no video screen, no bouncing ball jumping along the song's lyrics. Instead, participants are required to sign up in advance (often more than two weeks before the event) and memorize their lines word for word.

"People are planning everything in advance; they're putting on costumes and they have dance moves. They take it really seriously. People really get to know the songs and then the performance becomes that much better," says Atherton.

The whole point is to make the experience more authentic for the participants and the audience rather than having all of the performances fueled



They're harder than you think: Devin Atherton and DJ So Nice host Hip Hop Karaoke on the first Friday of every month. COURTESY BILAL HAMDAN

by liquid courage.

Aside from advanced sign ups, Atherton adds, Hip Hop Karaoke is unique because it's dedicated exclusively to hip hop.

"I think a normal karaoke will have some hip hop songs in their repertoire — you'll find Vanilla Ice but you won't find Wu Tang."

For those hoping to sign up, a list of potential song choices can be found on the Hip Hop Karaoke website.

Atherton says Juicy by The

Notorious B.I.G. is a popular choice though he encourages anyone who is interested in performing to pick any song they like, even if it's not on the list.

"For the most part, we do encourage any form of hip hop that you want to do. The majority of the songs are '90s anthems, big hits from the 2000s and newer stuff so, a lot of the times, people in the crowd know the songs and are singing along with them," he says.

Hip Hop Karaoke

- **When.** Friday at 10 p.m.
- **Where.** Ritual Nightclub (137 Besserer St.)
- **Web.** For more information on the event you can go to hhkott.com to check out the details.

And, if you happen to forget the words or stumble over a verse, Atherton will be right there by your side.

"I act as host and hype man so I'm your own little Flavor Flav right there, keeping you

going," he says.

"Our biggest rule is that everyone's a star and we encourage the crowd to be very supportive even if people do bomb or fail. No one has ever been booed off our stage."



HEY MOBILICITY CUSTOMERS,

We've got you covered.

Get up to \$200 in service credits when you switch to our \$30 unlimited plan. Plus, you can keep your own phone.

SAVE
\$200

WIND
true mobile freedom

Offer valid until notice of change or termination on WINDmobile.ca. To be eligible for this promotion 1) activate a new number or port-in your existing number and 2) provide your own unlocked phone or purchase a device from WIND. Cannot be combined with WINDtab. Customers who activate on WIND20/30/40 plans will receive monthly credits of \$5/\$10/\$15 to a maximum of \$100/\$200/\$300 over 20 monthly installments. Your account must be in good standing and you must keep the number and monthly plan you activated in order to receive the credit. The credit is applicable to monthly add-ons and pay per use charges only and not towards your monthly plan fee, WINDtab balance, device or accessory costs and has no cash value. This promotion is available at WIND retail locations only. This credit cannot be combined with any other promotional offers. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca. Samsung and Samsung Galaxy S4 are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE, WINDtab and true mobile freedom are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globale Wireless Management Corp. © 2013 WIND Mobile.

Film is full of momentous goodbyes

All The Wrong Reasons. One of Cory Monteith's final movies hits screens this week, and his co-stars talk about filming the flick

Filming overnight in a Halifax Zellers store on the set of *All the Wrong Reasons* was like fulfilling "a childhood fantasy in a way," says actress Emily Hampshire.

"Being able to go into a store when it's closed down and you can take everything and play with the toys, that was really fun, in the movie and shooting it," she said in an interview at the recent Toronto International Film Festival, where the drama debuted.

But it was also a sad occasion during shooting in summer 2012 as the store was being converted into a Target "and all the employees there were being let go," she added.

"If they wanted to get a job at the Target, they had to, like, apply for a job and lose all their seniority," said Hampshire.

"It was kind of heartbreaking to see what was happening, so they were really thrilled that we were filming there, actually."

"It was such a kind of momentous goodbye, I guess."

All the Wrong Reasons is also a goodbye of sorts for fans of Cory Monteith. It's one of the late Glee star's final two films.

Fredericton-born Gia Milani makes her feature directorial debut on the project, which opens Friday in Toronto (Cineplex Scotiabank) and Vancouver (Cineplex International Village). Milani also wrote and co-produced.

Victoria-raised Monteith, who died in July at age 31,

plays an ambitious big-box department store manager who gets cosy with a cashier (Hampshire) when his wife (Karine Vanasse) suffers intimacy issues due to post-traumatic stress disorder.

Vanasse's character developed a phobia of people touching her after going through a harrowing experience, and she finds comfort in prescription drugs as well as a new security guard (Kevin Zegers) at the department store, where she supervises surveillance feeds.

Hampshire, a Montreal native with film credits including *The Trotsky* and *Cosmopolis*, said she did a Skype meeting with Milani before signing on.

"In that Skype session I think we discovered — aside from the fact that I was doing the movie — was that we were maybe twin sisters separated at birth."

"Our mothers look insanely alike. They both had this flash of white hair, and there were just so many things that we had in common. So it did feel like a kindred spirit kind of thing, which helped going into the shoot, especially with a first-time director."

Hampshire got to train with cashiers who worked at the store and said she developed "a lot of respect for them" and is "a way better customer now."

Meanwhile, Monteith was flying to Los Angeles "on the weekends, going to do press (for *Glee*) and then flying back and doing our super low-budget movie where we were all sharing a room for our trailer and changing together," noted Hampshire.

"And he never complained. If anything, he was the captain of that ship of: 'We're all in this together.'"

THE CANADIAN PRESS



Cory Monteith "never complained" about work on *All the Wrong Reasons*, says co-star Emily Hampshire. CONTRIBUTED

She's a survivor

Emily Hampshire's character is contemptible at times, but the actress saw her as "a survivor" who was "trying to make the best life for herself that she could under the circumstances."

"It's funny, I guess I have a particular affinity for the person who does the bad thing," she said with a laugh. "I don't know where this comes from, maybe I was a terrible teenager."

Capital One

Just for laughs
Comedy Tour '13

Presented by

THE COMEDY RAT PACK EDITION

Hosted by

DARRIN ROSE

JEREMY HOTZ

ALONZO BODDEN

ORNY ADAMS



NOVEMBER 10 • 7:30 pm • NATIONAL ARTS CENTRE

Ottawa portion of contest closes November 4, 2013. Open to Canadian residents, excluding Quebec, 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) Grand Prize of a trip for two to Las Vegas, which includes return airfare, six nights of hotel accommodation at The Las Vegas Hotel and Casino, two tickets to see comedian Carlos Oscar at The Shimmer Cabaret Room and dinner for two at Vince Neil's Tatuado, valued at approximately \$6,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).

comedy

metro
metronews.ca

THE LEGEND
LVH
IS BORN

HAHAHA.COM/COMEDYTOUR

Just for laughs
Live

ESP Psychic Fair and Holistic Wellness Show

NOVEMBER 1, 2, 3

CLAIRVOYANCE
PALMISTRY
PAST LIVES
ASTROLOGY
TAROT CARDS
MEDIUM



AURAS
NUMEROLOGY
HEALING
CRYSTAL BALLS
CRYSTALS
TEA CUPS

Fri & Sat 11am-10pm • Sun 11am-7pm



Admission \$5 \$4 with this ad Free Gemstone!

BEST WESTERN KANATA - OTTAWA
1876 Robertson Road 613-828-2741



Tori Spelling. ALL PHOTOS GETTY IMAGES

Desperate housewife: Tori spells it out in sixth memoir — she's got a sex tape

Tori Spelling admits that there's a sex tape featuring her and husband Dean McDermott floating around out there, though it's been a couple of years since she's heard about it. According to Spelling's sixth memoir, *Spelling It Like It Is*, she and McDermott were looking to spice things up in 2009. "Dean said, 'We should tape ourselves having sex,'" she writes. "He had a little portable

tripod, and he set up his video camera on it. Afterward, I checked my angles and they were good, so I allowed him to keep it." Apparently a former friend of the couple snatched it off their home computer and attempted to sell it two years later. "I was horrified," Spelling writes, explaining that they sent the man a cease and desist letter. "We never heard from him again, and the incident went away."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lohan's sobriety = partying till the break of dawn

October apparently hasn't been an easy month for Lindsay Lohan's fledgling sobriety.

The troubled starlet has been spending a lot of time at bars, clubs and parties this month, and she's reportedly fallen off the wagon when it comes to booze, according to *Star* magazine.

"She was definitely drinking alcohol. She got increasingly sloppy as the hours went on," a source who spotted Lohan at a party in L.A. last

week tells the magazine.

"At one point Lindsay was literally hanging onto a couple of her friends, like, they were holding her up."

She's also reportedly been sneaking vodka cocktails at bars in New York, and she partied till dawn at "an alcohol-fuelled bash" in Hollywood with Paris Hilton and Miley Cyrus recently.

"Lindsay arrived around 3 a.m. and was still there when dawn was breaking," a source says. **METRO**

Twitter



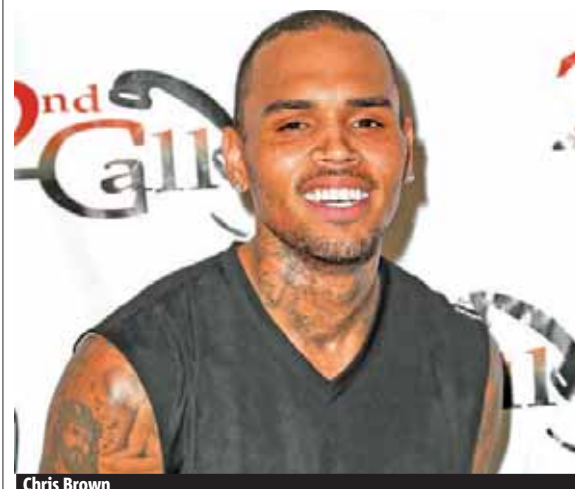
@AnnaKendrick47
Oh hello again 4am, you whore.



@tyrabanks
My tablet got too hot to handle so I made her take a chill pill in the fridge. Hope she's not claustrophobic.



@jimmykimmel
note to every LA news channel — unless they're in a zoo, all bears are "on the loose"



Chris Brown

Chris Brown off to rehab for anger management

Chris Brown has checked himself into rehab for some anger management issues just a day after appearing in court over charges he assaulted a man

outside a

Washington, D.C., hotel. "Chris Brown has elected to enter a rehab facility," his rep says in a statement.

"His goal is to gain focus and insight into his past and recent behaviour, enabling him to continue the pursuit of his life and his career from a healthier vantage point."

bug beauty

AND GET REWARDED

20x

faster

FRIDAY, NOVEMBER 1
TO FRIDAY, NOVEMBER 8

20x
THE SHOPPERS
OPTIMUM POINTS®
WHEN YOU SPEND \$75 OR
MORE* ON COSMETICS
OR FRAGRANCES.

Includes All Brands of:

COSMETICS • SELECT SKIN CARE • HOSIERY • FRAGRANCES
JEWELLERY • HAIR COLOUR • BATH FOAM & GEL • NAIL CARE



FREE
feels good



SHOPPERS
DRUG MART



*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Excludes bonus points and RBC® Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum Banking Account. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cosmetician for details.

Take Kerr of yourself and your best will surely follow

She's starting with the model in the mirror. One of Australia's most magnificent imports spills her style, beauty and wellness tips

TINA CHADHA
Metro World News in NYC

Days before she walked the runway at Stella McCartney and Chanel's Spring 2014 Paris Fashion Week shows, we met up with Miranda Kerr at the chic rooftop of the Gramercy Park Hotel. There, the star of Mango's new grunge-inspired fall campaign talked about her fave looks from the '90s ("An oversized blazer, ankle boots and leather jacket with studs") and let us in on her style and beauty essentials.

You always look so well put together. How would you describe your look?

I try to go for classic and effortless and experiment a little bit depending on my mood. I like functional clothes especially, because now I'm a mom and go to the park. But when I go to work, I enjoy putting on a heel and embracing that feminine side.

How has your personal style changed since becoming a mom?

I keep it more practical now. It's all about fabrics that don't crease because I'm always holding (my son, Flynn) always wants to be in my arms or swinging on swings. I think



"Be good to yourself and then you'll be able to give a lot more to your family, to your friends and to your work," says Miranda Kerr. CONTRIBUTED

comfort is important and wearing fabrics that make you feel good and accentuate the parts about yourself that you like. It's not necessarily about following a trend, but finding pieces that work with your body type.

You live in New York now. Talk to us about closet space. It's not enough! But it's good

because I've gotten rid of so much stuff I actually feel lighter. I have three little closets that I try to squeeze everything into. I've stripped it back to the basics and gave at least a room full of stuff to my friends and charity. I've also learned to maximize space. Now, I fold my jeans so they sit up, so when you open the drawer you see them.

If you were travelling and could only pack a small bag, what would go in?

A great pair of jeans that fit well, a blazer, a couple of T-shirts, a pair of loafers, a scarf and a hoodie — and one little black dress. I always pick up scarves at the airport, like airports in Asia, because it's not what you normally see. You'll find something different there.

You know how to rock a red lip. What are some of your beauty tips?

If I'm tired I just put on a red lip and sunglasses and it's a simple and effective way to uplift the face — just add a splash of colour. Sometimes I'll use a bit of the lip colour on my cheeks so I look a bit more alive — like the blood is pumping, the circulation is going. I also apply my KORA Organics lip balm to highlight my cheekbones. It makes you feel fresh.

You're a certified health coach. Any new healthy habits you've incorporated?

I have hot water and half a lemon in the morning. It's a very simple tip that cleanses the digestive system when you wake up and it really kick-starts your metabolism. Then I have a cold pressed green juice, like kale, spinach and celery with lemon, and then I have a smoothie that I make myself. I think it's really important to have a balance in life and fill your body with nutrients when and where you can, but then also know that you're a human being and you can't be too hard on yourself. I try to be 80 healthy and 20 per cent indulgent. I just don't believe in depriving yourself because life is short and we're here to enjoy it.

Read her lips

Revlon ColorStay Ultimate Liquid Lipstick in Top Tomato, \$10.99, revlon.com



Chanel Rouge Coco Shine Sheer Lipshine in Rebelle, \$34, chanel.com



Ellis Faas Milky Lips in Dark Blood, \$35, sephora.com

Drink up!

Kerr's smoothie ingredients

- Coconut water
- Chia seeds
- Goji berry
- Maca powder
- Spirulina
- Acai powder
- Noni powder
- Sun warrior protein powder

3 TIPS

SUPERFIT
superfitshoes.com

Point of sale

WATERPROOF

BAYSHORE FASHION FILE

BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: WHAT ARE SOME HOT LOOKS FOR TEENS, FOR BACK TO SCHOOL?
- ANGELA, OTTAWA

A: Being a teen means needing to be on-trend all the time, so being price and style conscious is important for their evolving fashion sense. The recent arrival of H&M will be sure to respond to the needs of every teenager when it comes to affordable style that follows current trends. Button-down shirts are versatile and school-appropriate, and can be paired with khaki-coloured pants for both boys and girls. Don't forget to top it off with a brand new backpack!

Q: WHAT ARE THE MUST-HAVES FOR MEN THIS SEASON?
- GEOFF, VANIER

A: Camel coats, plaid, leather, and stripes - you name it, men can wear it this season! Pairing subtle prints with sharp pieces, like a camel coat or tailored pants, turns the everyday man into a savvy dresser. Steer away from black and opt for colours like camel, hunter green, and charcoal for fall. Top your everyday shirt and pant combination off with leather accessories, seeing as fall is definitely the time to sport an awesome leather jacket.

Q: ARE THERE ANY ACCESSORIES THAT I CAN ADD TO MY WARDROBE TO STAY ON TREND, WITHOUT BLOWING THE BANK? - SUE, OTTAWA

A: Accessories are an integral part of your outfit, so unlike clothes, try to opt for options rather than spending your whole budget on one expensive piece. Every outfit should be accessorized, so for Fall, plan to have a few different sets of bracelets, necklaces, and earrings. Visit the newly added Pandora and Michael Hill for some stylish options!

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

HAVE A STYLE QUESTION? WRITE TO ANGIE!
YOU COULD WIN A \$100 BAYSHORE GIFT CARD!
BAYSHOREFASHIONFILE@METRONEWS.CA

NEW RETAILERS NOW OPEN!

H&M **VICTORIA'S SECRET** **PINK**
VICTORIA'S SECRET
michael hill **BEN MOSS** **PANDORA STORE**
JEWELLERS

WWW.BAYSHORESHOPPINGCENTRE.COM

f Bayshore Shopping Centre @bayshoreottawa

Something chic, something see-through, something shiny and something blue

The latest edition of Toronto's World MasterCard Fashion Week has drawn to a close, but you haven't seen the last of these notable trends that emerged from the spring-summer runways.

THE CANADIAN PRESS



Whitney Linen. NATHAN DENETTE / THE CANADIAN PRESS

Feeling the blues

There was no shortage of shades to select from in the colour wheel during Fashion Week, but various blue hues stood out from the pack on the runway. While there were prominent paler shades like baby blue and periwinkle, navy and midnight blue served as the go-to tones in many of the lines, transforming the traditionally cooler weather colour into a must-have addition for the spring and summer wardrobe.



Paria Shirvani. NATHAN DENETTE / THE CANADIAN PRESS

Showing skin

For those who may be reticent about baring too much flesh, the prominence of sheer materials often teamed with more matte fabrics may offer a happy medium. Paria Shirvani wholeheartedly embraced the trend toward translucent fabrics, with her asymmetrical V-neck blouses, see-through skirts and an inventive spin on the wrap-front black pant with one leg entirely encased in sheer material.



Rudsak. NATHAN DENETTE / THE CANADIAN PRESS

Heavy metals

Silver took the gold as the main metallic of choice on the runway. While the holidays are typically the prime time for garments showcasing a little sparkle and shine, shimmering silver was prominent as a standout accent, from colouring sleeves and skirts to full-scale treatment on moto jackets and even a pair of suspenders showcased by Rudsak.



Caitlin Power. NATHAN DENETTE / THE CANADIAN PRESS

Feminine fashions

With fitted pencil skirts, silken blouses and a vast range of dress styles from flirty minis to shirtdresses, tiered creations and floor-skimming numbers, designers continued to deliver with their assortment of ladylike looks. Some designers opted for striking pairings of bold, dual hues or oversized patterns to lend some pop to the stylish essentials.

Trends Report

- If you're fond of taking selfies, then you've most likely come across a "duck face" pic. Now another fowl has become the latest trend in bird-inspired selfies - the sparrow. Go online to Trends Report to find out what a "sparrow face" is

and how to take the perfect "sparrow face" selfie.

Tweet me your best sparrow face' selfie at @MetrolreneK

metronews.ca/voices/trends-report



Canadian street style

Spotted in: Toronto

Lila Language teacher

What she's wearing
Joe Fresh black boots, Joe Fresh sweater, Joe Fresh jeans, black Zara blazer and glasses by Italian designer Alveiro Martini.

Her inspiration
"My sister. She is in love with fashion and is taking fashion design at Ryerson. I wear all of her clothing and look to her for style advice and fashion trends."

ion trends."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT - AN E-NEWSLETTER PROGRAM - AND A WEEKLY NEWS-PAPER SECTION TOO!



Make like Five, Seven and Two, and get to painting — hearts, not roses

"If you make a mistake, don't lose your head," write Pierre A. Lamielle and Julie Van Rosendaal in *Alice Eats of Five, Seven and Two's Painted-Red Sugar Cookies*. "A little paint can fix it up and if that fails, brush up on your cookie-baking. It's more difficult to

execute someone who has just given you cookies, so stack the deck in your favour..."

To make the cookies

1. In a bowl, beat the butter, oil, sugar and lemon zest with an electric mixer until pale and light; add the egg and vanilla and beat for a minute, until smooth and blended.

2. In a small bowl, stir together the flour, baking powder and salt. Add to the sugar mixture and stir by hand or beat on low speed just until you have a soft dough. Shape the dough into a disc, wrap in plastic and refrigerate for half an hour.

3. When you're ready to bake, preheat the oven to 350 F (180 C). On a lightly floured surface, roll the dough out to about 1/8-inch (3 mm) thick. Cut the cookies into card shapes — or flowers, hearts, spades or a combination of shapes — and place 1 inch (2.5 cm) apart on a parchment-lined baking sheet.

Alice's advice

Egg-yolk cookie "paint" cooks dry and glossy and you have far more control with a paintbrush than an icing bag. Try making an entire palette of colours in small ramekins, adding a few drops of food colouring per egg yolk.

To make the paint

1. Put the egg yolk in a dish and add a few drops of food colouring. Mix with a fork until well blended. Use a small paintbrush to paint the unbaked cookies with the red "paint."

2. Bake for 14 minutes, until the cookies are pale golden around the edges and the paint is dry and glossy. Using a thin spatula, transfer to a wire rack.

RECIPES EXCERPTED FROM *ALICE EATS (WHITECAP BOOKS)* BY PIERRE A. LAMIELLE AND JULIE VAN ROSENDAAL

Painted-Red Sugar Cookies



The queen's gardeners, Five, Seven and Two, painted roses red after accidentally planting white ones. You'll paint two to three dozen cookies. JULIE VAN ROSENDAAL FROM *ALICE EATS* (WHITECAP BOOKS)

Cookbook of the Week

Alice's culinary Wonderland



The foods in *Alice in Wonderland* are instantly recognizable. In their book, *Alice Eats: A Wonderland Cookbook*, Pierre A. Lamielle and Julie Van Rosendaal answer questions like, "What would the treats at a Mad Hatter party taste like?"

Not only does the book feature recipes (Mock Turtle's Mock Turtle Soup, The Queen of Hearts' Jam Tarts and more), photos and illustrations but also the full text of the original *Alice's Adventures in Wonderland* by Lewis Carroll. **METRO**

Snack. Mad Hatter's No-Time Cream Drop-Scones

"If you only keep on good terms with Father Time, he'll do almost anything you like with the clock," write Pierre A. Lamielle and Julie Van Rosendaal in *Alice Eats*. "For instance, suppose you want to eat scones — you can use this time-saving recipe and enjoy freshly baked scones at the drop of a hat! Time for tea!"

"These scones sound (and taste) rich, but are actually lighter than those made with butter. They're the fastest, easiest scones you'll ever make from scratch, and can be gus-

sied up with lemon or orange zest, currants or raisins, fresh or frozen berries or chopped chocolate."

1. Preheat the oven to 400 F (200 C).

2. In a medium bowl, stir together the flour, sugar, baking powder and salt. Add the cream and stir just until the dough comes together.

3. Drop by large spoonfuls (or use a small ice-cream scoop

Ingredients

- 1 1/3 cups (310 ml) all-purpose flour
- 2 tbsp (30 ml) sugar
- 1 1/2 tsp (7 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1 cup (250 ml) heavy (whipping) cream
- coarse sugar, for sprinkling (optional)

for more uniform scones) onto a greased or parchment-lined baking sheet. If you like, sprinkle with coarse sugar.

4. Bake for 15 to 20 minutes, until golden. Serve warm.

UDENTAL

Complimentary WHITENING KIT For New Patients*

Accepting New Patients

- Family Dentistry
- Laser Dentistry
- Invisalign Consults
- Digital x-rays
- Implants
- Cosmetic Dentistry

WALK-IN & EMERGENCIES

OPEN EVENINGS & WEEKENDS

1537 Merivale | 613.228.3000 | www.udental.ca | u@udental.ca

* \$350 value. Call office for details.

ALGONQUIN COLLEGE FALL

OPEN HOUSE

Thursday, Nov 7, 2013

OTTAWA CAMPUS

Come visit us. Take a tour. Ask questions.

REGISTER NOW ONLINE!

IT'S FREE!

Day Session 9 a.m. – 1 p.m.
Evening Session 6 p.m. – 8 p.m.
1385 Woodroffe Ave, Ottawa

algonquincollege.com/openhouse

ALGONQUIN COLLEGE

Kitchen trends with staying power

Every year we see new kitchen trends come and go. Like fashion, kitchen styles can change quickly, so it's important to only incorporate the ones you really love, knowing you can live with your decisions for a long time. This year we're seeing three trends that I think will stick around and are worth investing in.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Left, Samsung's 30-inch French Door Refrigerator. Below, LG's Countertop Microwave with Oven comes with a warming drawer for food or plates.



Small-space solutions

Whether you have a teeny-sized condo kitchen or a large eat-in, family-style one, it's important to utilize every square inch of storage. Making the right decision on appliances is equally important.

I found the perfect, high-end-looking fridge that slips easily into any kitchen. It's

got the features and looks of a high-end appliance, but boasts a regular price. The Samsung 30-inch French Door Refrigerator is finished with stainless steel — which is still a very popular choice for the kitchen — holds more food than any other fridge in its category and comes in at less than \$1,500. Great visual value, more stor-

age and a trendy finish wins me over!

Say goodbye to yesterday's microwave and toaster oven and hello to the Countertop Microwave with Oven from LG for \$399. This model has a 1,400-watt oven drawer for warming food or plates, meaning it's a countertop appliance that you can use in many ways.

Interesting accents

The personality in kitchen design is coming from natural sources like stone, marble and granite. Flooring, countertops and backsplash are all on-trend when getting their look from nature.

Well, how about some new products to help give us that look? From high-end to low-end, stone-like surfaces are trending in many ways. Caesarstone countertops are a man-made solid-surface material that started gaining popularity about 10 years ago. Until recently, most of the faux-stone styles have been in the form of a solid colour or speckled to emulate granite. But Caesarstone's Supernatural Collection creates a veined



product that looks more like real stone or marble.

And on a DIY note, Canadian company Smart Tiles has designed a great-looking faux peel-and-stick tile that works perfectly on a backsplash (or any vertical surface that is not submerged in water). Starting at around \$8 per square foot, this is a fun way to update your kitchen.

Above, a countertop from Caesarstone's Supernatural Collection. Below, Smart Tiles' peel-and-stick tiles, thesmarttiles.com.



LJT LAMINATE FLOORING
INSTALLATION SERVICE
613-277-0053
ljtconst@gmail.com

Why do it yourself?

PROFESSIONALLY INSTALLED,
REASONABLE RATES,
RELIABLE SERVICE

FREE ESTIMATES

OWNER OPERATED SERVING
OTTAWA FOR OVER 25 YEARS

FREE \$25
HOME DEPOT GIFT CARD
UPON JOB COMPLETION (OR \$25 DISCOUNT)



Above, Whirlpool's Electric Range with True Convection Cooking from the White Ice Collection.

KitchenAid's Variable Temperature Kettle in white.



The return to white

The classic white kitchen is by far the biggest seller when it comes to cabinetry and appliances.

For a long time, we've seen wood-coloured cabinetry and black or stainless appliances gain favour. But white appliances are feeling fresh and new again with modern designs and a bit of stainless steel or chrome for sparkle.

Whirlpool has introduced the White Ice Collection and their Electric Range with True Convection Cooking, \$1,199, offers clean design lines, streamlined controls, and an Aqua-Lift cleaning feature that allows the inside oven to clean itself in an hour or less (most self-cleaning ovens take three to six hours).

TAKE THE HASSLE OUT OF MOVING.

INTRODUCING ROGERS CONCIERGE™

- Get a dedicated agent to help you move your TV, Internet and Home Phone to your new home
- **FREE** to new and existing customers

CALL 1 855 420-5572
CLICK rogers.com/moving

LIVE LIKE NEVER BEFORE™



Is Craig pegged for Sochi spot?



Sens' goalie Craig Anderson has put up numbers to rival the best the U.S. has to offer since last season.

GETTY IMAGES



THE HOCKEY NEWS
Rory Boylen
ottawa@metronews.ca

Coming into last season, the American goaltending situation for the Olympic tournament appeared all sewn up. Jonathan Quick was a Stanley Cup winner and true crunch time performer, so obviously he was the guy the Red, White and Blue would ride on a quest for gold.

But hold on a second. Quick is still all those things and no half-regular-season will change that. But Ottawa's Craig Anderson has to at least give those with

a rooting interest south of the border something to think about. He hasn't won a Cup and has only won one playoff series, but Anderson has arguably been the better goalie so far this season and all of last.

Since Quick posted 10 shutouts in 2011-12, he's posted all of one regular season goose egg since — Anderson has four in that time. Last season, Los Angeles allowed the third-fewest shots against per game and Quick had a .902 save percentage — the Senators ranked 23rd and Anderson had a .941 SP in 24 games. And, so far this season, Anderson has a .911 SP behind a team that allows the

most shots-against per game, while Quick's .907 SP comes behind what is still one of the most suffocating lineups in the league. The fact Anderson's GAA is above three has more to do with the volume he faces — he turns aside a ton of rubber.

Where Quick trumps Anderson at every turn is in the post-season. The Kings goalie has had a SP above .930 in each of the past two playoffs and while Anderson has been very good in the post-season as well, he simply doesn't match up. The frantic Olympic setup will be much like a playoff atmosphere where Quick is more proven.

But Anderson should, at

least, be the backup to step in should something happen to Quick. And, as the No. 2, he should at least get one start, likely against a soft-touch such as Austria or Slovenia.

But there's still a lot of hockey to be played between now and February, so Anderson could still do a lot for his Olympic stock with his continued elite play.

And the Senators could help him out by cutting back on shots against and easing his work load.

But as good as that would be for the Senators, I'm not sure Canada's Jason Spezza or Sweden's Erik Karlsson would really want to go up against Anderson in Sochi.

NHL

Ovi hurting after loss in Vancouver

Washington Capitals forward Alex Ovechkin missed practice Wednesday while nursing an upper-body injury. Capitals coach Adam Oates says he thinks Ovechkin was hurt in the first period of Monday's 3-2 loss to Vancouver. Ovechkin stayed in the game. **THE ASSOCIATED PRESS**

NHL

Selanne out after losing chiclets

Anaheim Ducks forward Teemu Selanne could be out two weeks for oral surgery after losing several teeth to a high stick.

Philadelphia's Luke Schenn inadvertently hit Selanne in the mouth with his stick during the Ducks' 3-2 win on Tuesday.

THE ASSOCIATED PRESS



Raptors open regular season with a win

Canadian Kelly Olynyk, left, of the Boston Celtics watches as Raptors, second from left to right, Kyle Lowry, Tyler Hansbrough, DeMar DeRozan and Terrence Ross converge on a rebound on Wednesday night at Air Canada Centre. Rudy Gay led Toronto scorers with 19 points as the Raptors won the season opener 93-87. **FRANK GUNN/THE CANADIAN PRESS**

World Series



"I try to live out what our team has lived out this year and, that is, not to look back."

John Farrell when asked about his two seasons spent as manager in Toronto before joining the Red Sox in 2013. Farrell finished 73-89 with the Jays last season, but has led the Red Sox to the World Series after they finished 69-93 in 2012. Go to metronews.ca to see if the Sox clinched the title in Game 6 against the Cardinals on Wednesday night.



Retirement. Iverson gives up on possible NBA return

Allen Iverson officially retired from the NBA on Wednesday, ending a 15-year career during which he won the 2001 MVP award and four scoring titles. Iverson retired in Philadelphia, where he had his greatest successes and led the franchise to the 2001 NBA finals.

The six-foot guard had not played in an NBA game since Feb. 20, 2010, and had a brief pro stint in Turkey. He also played for Denver, Detroit and Memphis. Iverson scored

A.I. says bye-bye



"I'm going to always be a Sixer till I die."

Allen Iverson, who says he's happy in his personal life and at peace with his decision to retire.

24,368 points and was an 11-time all-star.

THE ASSOCIATED PRESS

Sochi. Russian gay rights activists say they've been snubbed by IOC president

Russian gay rights activists say the new president of the International Olympic Committee refused to meet with them while visiting the 2014 Winter Games city of Sochi.

Preparations for the Sochi Olympics have been overshadowed by criticism of a recently enacted Russian law outlawing "propaganda of nontraditional

sexual relations among minors."

LGBT Network said in a statement Wednesday that Thomas Bach turned down their invitation to sit with activists, offering to meet at an unspecified date in Lausanne, Switzerland, instead. Activists say they have been asking for a meeting for more than two weeks.

THE ASSOCIATED PRESS

4 SPORTS



Ryder Hesjedal says he made mistakes involving performance-enhancing drugs more than 10 years ago. GETTY IMAGES FILE

Hesjedal 'chose the wrong path' as a young cyclist

Doping. Former Giro d'Italia champ apologizes, though he never outright admits to using PEDs

Star Canadian cyclist Ryder Hesjedal says he "chose the wrong path" after reports emerged Wednesday that suggested he was involved in doping.

Excerpts from a new book by former Danish rider Michael Rasmussen say Hesjedal was shown how to use performance-enhancing drugs at the start of his career.

"And even though those mistakes happened more than 10 years ago, and they were short-lived, it does not change

Quoted

"Over a year ago when I was contacted by anti-doping authorities, I was open and honest about my past."

Ryder Hesjedal

the fact that I made them and I have lived with that and been sorry for it ever since," Hesjedal said in the statement.

Hesjedal, 32, did not explicitly say he took performance-enhancing drugs, but in the contrite statement he apologized to fans, sponsors and other cyclists.

"To everyone in my life, inside and outside the sport, to those that have supported

me and my dreams — including my friends, my family, the media, fans, my peers, sponsors — to riders who didn't make the same choices as me all those years ago, I sincerely apologize for my part in the dark past of the sport. I will always be sorry," he said.

Excerpts of Rasmussen's autobiography *Yellow Fever*, released Wednesday in Danish newspaper Politiken, claim that Rasmussen taught Hesjedal and fellow Canadian cyclists Seamus McGrath and Chris Sheppard how to use EPO, a banned substance used in blood doping, in 2003 when Hesjedal was a young mountain bike racer.

Rasmussen did not claim he ever saw any of the Canadians actually take EPO or any other banned substance.

THE CANADIAN PRESS

Bonus money

Armstrong loses key ruling in fight to keep \$12M

A Texas company is closer to forcing Lance Armstrong to return about \$12 million in bonuses he was paid for winning the Tour de France while secretly using performance-enhancing drugs.

A spokesman for Dallas-based SCA Promotions says a Texas arbitration panel ruled Wednesday that it would consider the company's appeal to recover the money. The company tried to prove Armstrong used steroids and other drugs and doping methods back in 2005, but ultimately agreed to pay Armstrong in a settlement.

Armstrong's attorneys argued the settlement was irreversible. But SCA went back to the same arbitration panel for a new ruling after Armstrong confessed he cheated to win cycling's biggest race every year from 1999-2005.

THE ASSOCIATED PRESS

WADA audit

Jamaica says it is keen on improving anti-doping agency

Jamaica's top sports official said Wednesday that the Caribbean sprinting powerhouse is determined to improve its drug-testing

regime, following a two-day inspection by the World Anti-Doping Agency.

Three WADA officials inspected the Jamaica Anti-Doping Commission after revelations of a near-complete breakdown of its out-of-competition testing of athletes in 2012 prior to the July opening of the London Olympics.

"We have come out of

those meetings (with WADA) having a greater commitment to working closer together in partnership to ensure that JADCO advances and becomes not only world class but best in its class," said Natalie Neita-Headley, Jamaica's minister with responsibility for sports, adding the government awaits WADA's report.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	13	9	4	0	44	30	18
Tampa Bay	12	8	4	0	40	33	16
Montreal	13	8	5	0	37	23	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Ottawa	12	4	6	2	35	38	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	12	8	4	0	38	29	16
N.Y. Islanders	12	4	5	3	37	39	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	12	5	7	0	34	38	10
New Jersey	12	3	5	4	26	37	10
N.Y. Rangers	11	4	7	0	18	37	8
Philadelphia	11	3	8	0	20	30	6

Wednesday's results

Toronto at Calgary
Boston at Pittsburgh
Detroit at Vancouver
San Jose at Los Angeles

Tuesday's results

Anaheim 3 Philadelphia 2
Chicago 6 Ottawa 5
Montreal 2 Dallas 1

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	13	8	2	3	45	38	19
St. Louis	10	7	1	2	38	25	16
Minnesota	13	6	4	3	30	31	15
Nashville	12	6	5	1	23	32	13
Winnipeg	14	5	7	2	34	40	12
Dallas	12	5	6	1	31	36	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	13	10	3	0	42	32	20
Vancouver	14	9	4	1	41	39	19
Phoenix	13	8	3	2	43	40	18
Los Angeles	13	8	5	0	36	33	16
Calgary	11	5	4	2	34	39	12
Edmonton	14	3	9	2	36	54	8

Note: Two points for a win, one point for an overtime/shootout loss.

New Jersey 2 Tampa Bay 1
N.Y. Rangers 3 NY Islanders 2
Phoenix 3 Los Angeles 1
St. Louis 3 Winnipeg 2
Toronto 4 Edmonton 0

Thursday's games — All Times Eastern
Anaheim at Boston, 7 p.m.
Buffalo at N.Y. Rangers, 7 p.m.
Nashville at Phoenix, 10 p.m.

NBA

REGULAR SEASON

Wednesday's results

Miami at Philadelphia
Brooklyn at Cleveland
Boston at Toronto
Milwaukee at New York
Washington at Detroit

Charlotte at Houston
Indiana at New Orleans
Orlando at Minnesota
Atlanta at Dallas
Memphis at San Antonio
Oklahoma City at Utah
Portland at Phoenix
Denver at Sacramento
L.A. Lakers at Golden State
Tuesday's results
Indiana 97 Orlando 87

L.A. Lakers 116 L.A. Clippers 103
Miami 107 Chicago 95
Thursday's games — All Times Eastern
New York at Chicago, 8 p.m.
Golden State at L.A. Clippers, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES (BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Boston leads series 3-2)

Wednesday's result

St. Louis at Boston

Thursday's game — All Times Eastern

x-St. Louis (Kelly 10-5) at Boston (Peavy 12-5), 8:07 p.m.

x — played only if necessary.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.

y — clinched division.

Friday's games — All Times Eastern

Montreal at Toronto, 7 p.m.

Calgary at B.C., 10 p.m.

Saturday's games

Hamilton at Winnipeg, 2 p.m.

Edmonton at Saskatchewan, 5 p.m.

(End of Regular Season)

NFL

WEEK NINE

Thursday's game — All Times Eastern

Cincinnati at Miami, 8:25 p.m.

Sunday's games

New Orleans at N.Y. Jets, 1 p.m.

Tennessee at St. Louis, 1 p.m.

San Diego at Washington, 1 p.m.

Kansas City at Buffalo, 1 p.m.

Minnesota at Dallas, 1 p.m.

Atlanta at Carolina, 1 p.m.

Philadelphia at Oakland, 4:05 p.m.

Tampa Bay at Seattle, 4:05 p.m.

Pittsburgh at New England, 4:25 p.m.

Baltimore at Cleveland, 4:25 p.m.

Indianapolis at Houston, 8:30 p.m.

Monday, November 4

Chicago at Green Bay, 8:40 p.m.

MLS

PLAYOFFS

KNOCKOUT ROUND (single-game elimination)

WESTERN CONFERENCE

Wednesday's result

Colorado at Seattle

EASTERN CONFERENCE

Thursday's game — All Times Eastern

Montreal at Houston, 8:30 p.m.

Free PARTS DAYS!

PULL YOUR OWN PARTS AND SAVE BIG!
1000 FRESH CARS!

STANDARD

AUTO
WRECKERS

Oct 25th to Nov 30th

HOURS: Weekdays 8am - 5pm
Saturdays 9am - 3pm
Closed Sundays

5402 Old Richmond Rd
North of Fallowfield Rd

613.591.5600

Grand Opening Sale!

Admission Charge of \$49.95 (Taxes included), per person, per trip.
Rules and Exceptions to be posted at the time of the sale.

CharityCar.ca JunkCar.ca

Car or Truck for sale?

2 Ways to Recycle

Free Towing

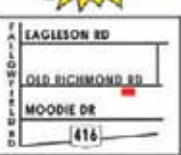
Call Us
Today!

NEED A CAR PART?

613.591.5600

Parts for many
Makes & Models.

www.StandardAutoWreckers.com



Ottawa Location Only

Horoscopes

Aries

March 21 - April 20

You don't need to do anything special today. Others will provide the entertainment, all you have to do is sit back and enjoy the good times. Some people may get emotional but you'll be in control at all times.

Taurus

April 21 - May 21

Social activities will go well today and if you visit a place you have never been before, you will win. Relationships too are under excellent stars, growing deeper and stronger.

Gemini

May 22 - June 21

Few people get more enjoyment out of their daily activities than you. But family and financial issues still need to be dealt with, and quickly. That means today, not next week.

Cancer

June 22 - July 23

There is a great deal of tension in your life right now and with Mars and Pluto strong today, it could reach a peak. The good news is once that peak is reached, you'll accomplish something truly remarkable.

Leo

July 24 - Aug. 23

Sometimes you are too trusting and other times you are not trusting enough. Today, you'll be inclined to give someone who doesn't deserve it the benefit of the doubt. Make sure it's not your money at stake.

Virgo

Aug. 24 - Sept. 23

With action planet Mars in your sign allied to Pluto, planet of transformation, you should be aiming to change your life for the better. What is the biggest change you could make?

Libra

Sept. 24 - Oct. 23

You will surprise a few people today. Those who had written you off as too cautious will be astonished to see how dynamic and daring you are — and a bit scared by your level of passion.

Scorpio

Oct. 24 - Nov. 22

You will be on the move today and the people you meet and the things you see will open your mind to new possibilities. The way you look at the world will change completely over the next 24 hours. That's good.

Sagittarius

Nov. 23 - Dec. 21

It is important that you focus on positive thoughts. If you let negativity to creep in, you'll convince yourself that life is against you when the universe really wants you to be happy.

Capricorn

Dec. 22 - Jan. 20

Mars, planet of energy and ambition, will inspire you to do something beyond the call of duty. Whatever it is, you will make a great impression on people in positions of power.

Aquarius

Jan. 21 - Feb. 19

Everyone is born with a purpose and you are no exception, so find out what it is and then commit yourself to seeing it through to the end. Don't hide in the background where you cannot be seen.

Pisces

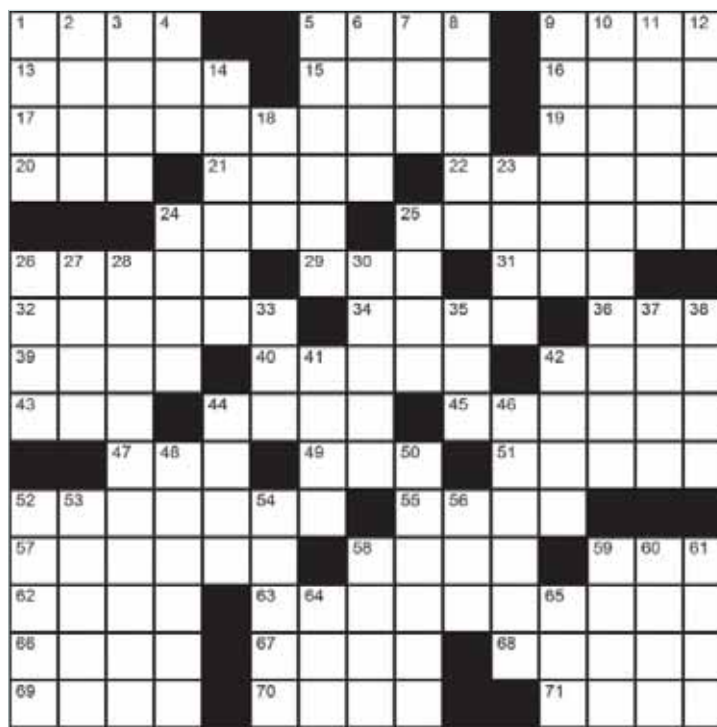
Feb. 20 - March 20

You will be so excitable today but in a good way. It's as if you have woken up to the fact that anything is possible and that what you desire most is the easiest thing in the world to possess. Get it! **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Halloween hit: "Monster ____"
5. Large amount
9. Fight
13. Margarines
15. "____ Said" by Neil Diamond
16. Ireland
17. Full moon howlers
19. "Are you mad ____?" ...queried the cold-shoulder-ee
20. Maiden name indicator
21. Roof's overhang
22. Delete
24. Not there
25. Cauldron stirrers
26. Aspect
29. Big TV brand
31. Sports official, for short
32. Struck with fright
34. Frost-covered
36. Strange
39. Twofold
40. Is forbidden to, quaint-style
42. Prior to, for short
43. 'Hallow' suffix
44. Droopy
45. Dracula author Bram
47. Trio of the Alphabet
49. And so on, short-ened
51. ____ up (Becomes more informed)
52. Frightful flick of 197666: 2 wds.
55. Applications



57. Scream!
58. Kind of agreement
59. "Yikes!!!"
62. Barenaked Ladies song
63. James Brolin/Mar-got Kidder thriller, "The ____ Horror" (1979)

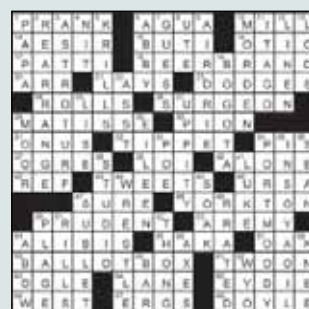
66. Bill of fare
67. Double affirmative, in Spanish
68. Composition
69. Units of work
70. All Hallows, and others
71. Writes **Down**
1. Cut down, as grass

2. Sailing side
3. Bone dry
4. Tilling tool
5. What #17-Across don't like
6. Bat's hangout
7. Soul: French
8. Frisbee-shaped track-and-field thrown-things

9. Haunted house gathering
10. Accessories for devil costumes
11. Military force, in French
12. Film holders
14. Candies
18. Paddle
23. Take ____ (At-

- tempt)
24. Become better
25. Farm cart
26. Get dimmer
27. Flu symptom
28. Canadian horror starring George C. Scott, "The ____" (1980)
30. Tales from the ____ (Creepy comic book series)
33. "Stop over-sharing so many personal details!", briefly
35. Everest, et al.
37. "Groove Is in the Heart": 1990 dance music hit for ____-Lite
38. Hook-ups for TVs
41. "Right on!"
42. Pea: French
44. Lemon's friend
46. Midnight, ____ O'Clock
48. "You can't ____ against our wishes!"
50. "Halloween" (1978) star, Jamie Lee ____
52. Subject matter
53. Skills-sharpener
54. Obliterate
56. For example...
58. Bank of the ____ at Auvers (Vincent van Gogh painting, oil on canvas, 1890)
59. "If all ____ fails..."
60. Flair
61. Door openers
64. 1004 in ancient Rome
65. Web connector, for short

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	9	2	3	7	4	5	8	1
5	4	1	9	8	2	3	6	7
3	7	8	5	6	1	9	2	4
8	2	3	7	9	5	1	4	6
7	5	4	6	1	8	2	9	3
1	6	9	2	4	3	7	5	8
2	1	6	8	3	9	4	7	5
4	8	5	1	2	7	6	3	9
9	3	7	4	5	6	8	1	2

2						9		6
		7	5		1			
3					2			
		6					7	
	9	2	1	5	4	3	6	
	1					5		
			6					2
			3		9	8		
8		4						5



Know what the weather
will be 14 days from now.
Check the 14 day trend.

TWN incorporates MSC data

visit **metronews.ca**



QuestChat FREE TRIAL
NORTH AMERICA'S BESTEST CHAT LINE

613.232.4444
Other Cities 1.888.482.8282

Dial #CHAT(23428) 79/min*
Text "QUEST" to 96669 55/10min
Free trial not applicable on #CHAT

questchat.com 855-850-1000 613-232-4444

*18+ RESTRICTIONS APPLY



JOIN US THIS WEEKEND FOR THE NEW RELEASE

TOWNS HOLMWOOD

THE FINAL RELEASE

In the heart of the Glebe,
just steps from the canal,
it's your simple commute
to home and to play.



beinspired

SALES CENTRE
Fifth Avenue Court
831 Bank St.,
Ottawa K1S 2J7
T 613-788-2784
E lansdownesales@minto.com

HOURS
Mon-Thurs: 12pm to 7pm
Closed Friday
Sat, Sun & Holidays: 11am - 5pm

This Weekend

A Limited Collection of
Terrace and Town homes.

Beginning November 2nd at 12 noon.

**Don't miss your opportunity to purchase a spectacular
NEW Town home in this final Release**

From the mid \$300's. **Visit Our Sales Centre Today!**

holmwoodtowns.minto.com

MINTO  **lansdowne**